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Xavier University Newswire

Xavier University (Cincinnati, Ohio)

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Xavier burn survivor shares story

Sophomore, author Kilee Brookbank uses her experience to empower others

BY SOONDOS MULLA-
OSSMAN
Copy Editor

Upon first glancing at sophomore Kilee Brookbank, one would probably only see her bright smile. It would be difficult to guess that 36 months ago, she just barely survived an explosion inside her home in Georgetown, Ohio, leaving 45 percent of her body burned—almost half of which was third degree.

She now looks indistinguishable from any other undergraduate student at Xavier, but the photo taken of her when she entered the hospital is jarring in contrast: little to no hair, swollen face and discolored skin.

“I couldn’t write, I couldn’t open doors, I couldn’t go to the bathroom on my own,” Brookbank said. She spent 38 days at Shriners Hospital for Children in Cincinnati to undergo a series of surgeries and skin grafts. “Everyday things that I do now, and I used to do before, I could not do at all.”

Her parents, as well as doctors and nurses, helped her with tasks such as these throughout the day.

Even after leaving the hospital, however, the road to recovery did not end.

She still required more operations and therapy, not to mention the fact that for a while they still had no home.

“I was staying in a hospital that didn’t feel like home, and when I returned ‘home,’” Brookbank said, raising her fingers in air quotes, “I knew that I wouldn’t actually be going home.”

Two months later, Brookbank found herself on *The*



justinbieberzone.com

Justin Bieber surprised Kilee Brookbank on The Doctors. She gained a social media following after the pop star posted a photo of the two on Instagram. Brookbank has published one book and is in the process of publishing another and will be doing a signing in the Clocktower Lounge in December.

Doctors show. This is where, as she describes, she first began to establish a social media platform.

Justin Bieber came onto the show to surprise her and “he posted a picture on his Instagram, and that’s when people started getting interested.”

Many of Bieber’s followers began to follow Brookbank and would post comments about how inspiring she was. “And I didn’t really do anything—that was before I had started doing any type of advocacy or charity work.”

Brookbank believes her charity work grew after her TV show appearance. Her

organization, the Kilee Gives Back Foundation, has raised more than \$200,000 for Shriners Cincinnati since 2015.

Brookbank also has a signing scheduled for Dec. 7 in the Clocktower Lounge for her book *Beautiful Scars: A Life Redefined*.

She is particularly excited about this version because it is the revised edition of her book.

“(The old version) was kind of still me in high school, and it was still kind of kid-ish, so we wanted to revise it...because where I left off in the book, like the very last chapter, I was picking a college,”

she said as she sat in Gallagher Student Center.

In May of 2018, Brookbank is also looking forward to publishing the children’s book *Digger the Hero Dog*, which is about the pet who saved Brookbank from the fire.

Through it all, however, Brookbank wants to thank the community, her friends, family and especially her mother for all of their support. Brookbank expressed the pride she feels for her mother for her role in both the recovery process and what has come after.

“Throughout this whole experience, my mom not only

helped me, she’s pushed me,” Brookbank said.

Brookbank and her mother together wrote *Beautiful Scars*, and Brookbank is excited to share the story with Xavier at the signing in December.

Correction from the Nov. 15 issue

In the *NewsWire*’s coverage of the Responses to Hate forum, the depiction of Dr. Randy Brown’s contribution to the event was unintentionally misleading. An updated and corrected version of the story can be found online at xaviernewswire.com.

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Check out the artwork that took senior Taylor Healey 800 hours to create



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If you missed the VS Fashion Show, Riley Head has everything you need to know



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Stressed about finals? Let all your worry go by coloring our wintry adult coloring sheet



Students get X-cited for Shootout

This year's home game will see the return of the student campout at Cintas



Newswire archive photo

The campout for the Crosstown Shootout was cancelled because of finals week in 2015, so it will be a new experience for students attending the game this year. Xavier has won 14 of the last 20 meetings in the series.

BY DONNIE MENKE
Staff Writer

This weekend, Xavier's biggest rival, University of Cincinnati (UC), comes to campus for the annual Skyline

Chili Crosstown Shootout.

UC currently leads the series 50-34 overall, but Xavier has won 14 of the last 20 games.

Xavier and UC have the

least amount of distance between any two colleges in the country, with only 3.1 miles separating the two campuses.

This has led to both some memorable games and some

games that will live in infamy, such as the "Crosstown Punch-Out" in 2011.

After the brawl that occurred during the 2011 game, the Shootout was held at neutral site US Bank Arena for two seasons before finally returning to UC in 2014 and then Xavier in 2015.

"Oh man. The Crosstown Shootout is huge. It's like D-Day to World War II. I would do anything to make sure I'm at the game," senior Matt Markham said. "I wasn't in the Top 500 but was more than ready to buy a ticket through a tertiary site if I couldn't get a student ticket. I did, though, and you can bet I'll be standing all 40 minutes of that game."

The Shootout is a huge event on campus and in Cincinnati, but there is a good portion of students who have yet to experience it. So what can be expected?

The Shootout won't have the same feel other games do.

For most, the Shootout is a more electric atmosphere than most people will experience at a sporting event, and fans will maintain that electricity from the time they enter Cintas Center to the time they leave. When facing your biggest rival, the game is bound to be different. But this game is on another level.

The campout is a new experience for everyone.

Two years ago, the campout was cancelled because exams came the week after the game. Because of this, no one on campus has been able to take part in a campout, so don't panic if you don't know what's going on—no one really does.

Enjoy the events leading up to the game.

Last time the shootout was on campus, the game took place in the late afternoon/early evening. This meant there was a lot of time spent alternating between holding a spot in line and going to get food, charging your phone, etc.

However, there were plenty of events that took place to keep students occupied.

People brought doughnuts, wristbands were handed out, a DJ played music and Chris Mack even took a selfie with people waiting in line.

It may seem like a long time to wait, but it's an enjoyable time if you take advantage of the events happening around you.

The Shootout is a unique experience that students only get to take part in once or twice during their time at Xavier.

Take the time to enjoy it, because there won't be another game like it.

Senior student creates veteran relief sculptures

BY ELLEN SIEFKE
Managing Editor

The Student Veterans Center, tucked away in the corner of the fifth floor of the Conaton Learning Commons, now boasts a brand new art installation: a wall mural consisting of four different relief pieces. Senior fine arts major Taylor Healey was commissioned by the Student Veterans Center for the project, which was funded by donations from GE.

According to Chris Klug, the director of the Student Veterans Center, the choice of a relief—a type of sculpture in which the elements remain attached to a background, so that the various components appear to be raised from the background—came about after he saw similar sculptures in the office of Kelly Phelps, the chair of the School of Arts and Innovation.

"Other universities do different things. Some universities have...like an army emblem, so they would have all five branches up there, or they would do some paintings but there was never any like artsy kind of stuff," Klug said. "So when I walked into Kelly's office and I saw those

relief sculptures I was like, 'that's unique and something different, let's go with this.' So it was just kind of personal taste."

Healey was chosen because of his background in sculpture. He spent 20 hours a week from January to early October working on the reliefs, three of which measure 2'x4'x4" in size and one that measures 2'x6'x8" in size. All in all, it amounted to approximately 800 hours of work.

Healey explained that while creating sketches for the murals, the focus was less on being a veteran and more on the connection student veterans have to Xavier.

"The idea was not to focus on the veterans in service because one, it's common, but two, it can get a little bit into an area that might draw up PTSD or have the wrong focus," Healey said. "So, (I focused) on the inclusion of veterans on campus and how and why they are important to campus life and being in class. Also, it's a form of just saying thanks to those in service."

Because the murals do not depict veterans in service, Healey used symbols to point



Photo by Taylor Healey

Senior Taylor Healey spent 20 hours a week from January to early October working on the reliefs for the center.

to the focus on the veterans. For example, a graduating student wears a sash that veterans receive, and the back of a tour guide's shirt contains the Veterans Center logo. In addition, a figure playing a bugle is based on a real-life image taken after World War II of a student playing on the steps of Hinkle Hall.

To tie in Xavier, three of the four pieces display campus in the background, and the connection is made apparent with the first figure that one sees — a veteran showing the X.

"The idea is that even though they're veterans and they've gone through a completely different experience, they're here at Xavier, and we welcome them into campus life," Healey said, "and this 'X' is something that every student's going to do at some point. So it's a way of showing how they participate as well as being on campus and going to class and graduating."

Klug added that the overall reaction to the pieces has been positive.

"When the contractors were hanging it, all the stu-

dents couldn't believe it because they didn't even know it was happening. I kind of did it behind everybody's back, but when they saw it they all loved it," Klug said.

"It's unique because it takes you from 50s up until now, and everybody just really enjoys it. It looks really cool hanging on the wall. It's a symbol of veterans throughout Xavier...and I think when new students come through, that's when we get the biggest reaction, because they're not used to seeing stuff like that at other universities."

Mosque attacked during a service

At least 305 were killed by terrorists while praying in Egypt's Sinai peninsula



Photo courtesy of Mohamed Soliman

Two dozen attackers dressed in military clothing entered an Egyptian mosque, throwing grenades and firing rounds into a crowd of around 500 people. There have been at least 305 confirmed dead and 120 injured as a result of the attack, which is the deadliest in Egypt's modern history.

By SAVIN MATTOZZI
Staff Writer

The Imam of the al-Rawdah Sufi mosque in Egypt's Sinai peninsula was just about to start Friday prayer services when an explosion rocked the outside of the mosque. At least two dozen attackers in military clothing entered the mosque where around 500 people were worshipping, and sprayed bullets and threw

grenades into the crowd. The attack left at least 305 people dead and another 120 injured in the deadliest attack in Egypt's modern history. "I was in shock, I just couldn't believe it," Dr. Waleed El-Ansary, the Chair of Islamic studies, said. "That they would go this low, people gathering for their jumaa (Friday) prayers. This is the month of the birthday of the

Prophet... This is just really low... I just felt revolted. It is just completely disgusting." Egyptian security forces have come under increasing scrutiny after two separate attacks on the country's Coptic Christian minority. One attack involved twin suicide bombings of two Coptic churches in Alexandria and Tanta during Palm Sunday services in February, killing 45. In

May, 28 Coptic pilgrims were shot and killed after being lured off their bus on the way to a monastery in the Minya Province. There is speculation that the attack was retaliation for the local Sheikh cooperating with law enforcement. "There are so many potential motives..." El-Ansary explained. "It depends on what level of leadership they are.

For some of the younger people, some of them are really misguided and psychologically disturbed. For the senior guys, they have a political agenda for power in that particular area. There is this element of narcissism in these groups." El-Ansary, who is Egyptian, emphasized that this kind of attack and others originate from outside of Egypt. "These issues are traced back to the Muslim Brotherhood or violence that broke out in parts of Libya," El-Ansary said. "There are certain interests that would like to see instability in the region. You've got to wonder where (terrorist groups) are getting their money from. Once we figure that out, that's when we'll find who is behind this." Egyptian President Abdel-Fattah el-Sissi promised to respond to the attack with "brute force," and, on Friday, the military launched airstrikes against targets they claim were responsible. el-Sissi also called for three days of national mourning and plans to build a memorial. "I think this is their last major attack, hopefully" El-Ansary said. "Egyptian security have their informants. God willing, I don't see anything like this happening again in the near future."

POLICE NOTES

Nov. 15, 1:27 a.m. — Three students found in the Victory Family Park after hours were advised and sent on their way.

Nov. 16, 11:03 a.m. — A student reported their vehicle stolen from the R-1 Lot. The vehicle was located approximately three hours later in a parking lot off Dana Avenue.

Nov. 18, 12:04 a.m. — A disorderly intoxicated student suspected of damaging property inside the Commons Apartments and pulling a fire alarm was transported to Good Samaritan Hospital for alcohol treatment.

Nov. 18, 12:55 a.m. — Xavier Police assisted Residence Life in investigating a loud party and performing a room search at the Village Apartments. Drug paraphernalia and

NOTE OF THE WEEK

Aren't you Glade it was a false alarm?

Nov. 14, 9:16 p.m. — Xavier Police and Cincinnati Fire responded to Brockman Hall for a fire alarm. An air freshener on the second floor activated the alarm system.

alcohol were confiscated. The students were referred to the code of conduct process.

Nov. 19, 12:49 a.m. — Norwood Fire and Rescue transferred an underage intoxicated student to Rookwood Mercy Hospital for possible alcohol poisoning.

Nov. 19, 1:27 a.m. — Xavier Police and Residence Life checked on an intoxicated

student at the Village Apartments. The student was OK and allowed to remain in their room with a friend for the evening.

Nov. 19, 2:17 a.m. — Xavier Police assisted Residence Life with a room search at Kuhlman Hall. A fictitious ID and drug paraphernalia were confiscated during the search. The student was referred to the code of conduct.

Nov. 19, 3:02 p.m. — A student reported the theft of a wallet from their unlocked vehicle in the R-2 Lot during the overnight hours. Surveillance footage of the area showed a silver or tan SUV with three subjects in the parking lot looking into vehicles at approximately 4:45 a.m. Xavier Police asks all students to immediately report any suspicious activity by calling 745-1000 or 911 if off campus.

Week in review

What you may have missed

- A brown bear in Siberia stole two guns from a hunter who had left his rifles outside on a table while getting water from a nearby stream. The man heard the bear and rushed to get his guns, only to realize they were missing (Nov. 24).
- Dictionary.com chose "complicit" as its word of the year. Complicit is defined by the website as "choosing to be involved in an illegal or questionable act, especially with others" (Nov. 27).
- Despite saying that it would not block or slow down internet access if Net Neutrality were to be repealed, Comcast dropped its promise not to institute paid prioritization for companies or groups, meaning that there would be internet fast lanes (Nov. 27).
- A church in Malibu, Calif., was urged to stop serving meals to people experiencing homelessness due to concerns from local officials about attracting too many people to the wealthy area (Nov. 25).



Photo courtesy of Getty Images

Ajit Pai, chair of the FCC, is leading the effort to repeal Net Neutrality.

A White girl’s guide to: Able-bodied privilege

Cassandra Jones, director of Disability Services isn’t unfamiliar with bias. “Yes, it’s fair!” she exclaims regarding the accommodations students with disabilities receive, but some faculty and peers fail to understand this.

As someone who receives accommodations, I am familiar with the “Why’d you skip the test?” and the “Where were you during class today?” I was in Disability Services, taking my test in an environment that puts someone like me on an even playing field with a neurotypical student.

“I even have students that come in for the first time and say, ‘I don’t like getting help,’ and it’s like, ‘Well, this isn’t help! This is in place for you to be able to demonstrate your knowledge without feeling like you’re being penalized because you get

distracted during a test and you’re out of time. It’s not help.”

What Xavier students with disabilities need is not help in the “hold the door open” kind of way. Instead, they need a community dedicated to their rights. The many steps on this campus leave even the most athletic of Xavier’s students winded by the time they reach the top. Imagine the struggle of getting around campus in a wheelchair.

“The goal is to help students be able to navigate independently,” Jones remarked, both in the classroom and between classrooms.

“On campus, because this is an old campus, if we have places that are difficult for some students to get to because they do use a wheelchair or some type of mobility devices, then I... have the classroom moved to

a more accessible location.”

Jones understands what it’s like to live in a world she must adapt to. She’s been blind since she was 9, yet married a photographer.

“Everyone laughs because he’s very visual and I can’t see!”

Jones finds that her husband has been able to bring his photos to life for her with vivid descriptions and verbal communication.

“For me, because my disability is visible and apparent, it’s something that I’ve had to learn how to interact with the people who don’t know...it’s something that I can’t hide, so I’ve learned how to help people get over that initial, ‘oh, this person is blind’ scenario.”

Jones talks about the questions people feel they can and can’t ask.

People often assume that people with disabilities require a special social handbook. There’s something about meeting someone with a disability that causes a series of alarms to go off in the head of an able-bodied person, leaving unsure of whether to

Question able-bodied people are afraid to ask:

How do you socially interact with someone with an apparent physical disability without being awkward?

Answer can be found online at xaviernewswire.com

normal for that person.”

“Being blind is a part of who I am. It’s not me, that’s not my only defining point about me, but it’s

acknowledge the disability or not. Newsflash, people with a disability are fully aware of their circumstances.

“It may look different from the outside, because it’s not something you’ve experienced, so just because you encounter someone that has a disability doesn’t mean that person’s life deserves pity or is sad,” Jones said.

Sometimes faculty or students will talk about “normal,” but Jones says, “they’re all normal! You can’t say normal, like who measures that? I don’t want people to think that just because you learn differently, or you can’t see, or you use a wheelchair to get around, that that’s not normal. That is normal. That’s

part of me. I think that the more that we talk about disability in a different context... in more terms of having access and what is needed for not just students but anyone who comes on campus or anywhere to have access and start changing how we view disability so that people don’t think, ‘oh, that person suffers,’ and changing the words we use can make an impact on how we see disability.”

Further resources on the topic can be found at the Office of Disability Services in the Conaton Learning Commons. Further reading can be found in Sam Killerman’s “Able-Bodied Privilege Checklist” published by Arizona State University.



Brittany Wells is a first-year Montessori education major and staff writer for the Newswire from Cincinnati.

Dignity, respect, honor and being a man

Dignity, Respect and Honor are centuries-old concepts. They have motivated individuals to go above and beyond their limitations to become great leaders and achieve the impossible. Personally, I have found these concepts to be enormously helpful in learning how to conduct myself socially and professionally.

Despite their being old concepts, I think that they may have a use in current society, particularly for other men. This is not to say that I think women are incapable of conducting themselves with dignity, respect and honor; in fact, I’m privileged to know many who do. However, I think that men may benefit more directly from exhibiting this behavior. Anyone is free to disagree – I’m simply saying what might work from my perspective and experience.

So let’s begin with the most basic and simple one: Dignity. In my view, dignity is an in-

herent piece of every human being. Regardless of who you are, where you were born and what you have done, you deserve to be treated with dignity. We are all human beings, and none of us like being treated like dirt. So, really, follow the Golden Rule, and you’re going to be treating people with dignity. It’s that easy.

Now it’s time to look at a more difficult one: R e s p e c t .

There is actually a bit of a trend now that switches the terms of dignity and respect. Often, people will say, “If you don’t respect me, I won’t respect you,” when what they mean is “If you don’t look up to me as an authority, then I

won’t treat you as a human being.” There is obviously a lot wrong with that.

Respect does involve looking to someone for guidance or considering his or her words carefully; that part is correct. However, respect is not something you inherently deserve like dignity. Respect is earned through actions that individuals takes that indicate that they are competent, well-rounded and genuinely committed to their beliefs.

Notice that I didn’t include that you had to agree with everything an individual does in order to respect them. You can respect people from all across the ideological, religious and cultural spectrums for a range

of different actions. Personally, I respect people from history like Rev. Dr. Martin Luther King, Jr., and ancient Roman dictator Cincinnatus along with contemporary people like former president Barack Obama and Dr. Jordan B. Peterson. Whether I agree with all of these people is a different story, but I respect each of them for several reasons.

The final concept, Honor, ties the previous two together in my interpretation. The concept of honor has had enough meanings in history that there are full books written on the subject, but I will discuss a simpler version of it since a word count constrains me.

Honor builds on dignity to create a code that an individual should adhere to. This code should function to help you conduct yourself around those you treat with dignity and those you treat with respect; it also gives you a set of standards to measure yourself

against. When you live up to this code, you have gained or maintained your honor. When you fail to live up to it, you have lost honor. To regain it, you must rededicate yourself to fulfilling that code.

Through acting in an honorable manner, respecting those who are worthy of it and treating everyone with dignity, I do my best to fulfill what I see as the way a man should act. It has served me well so far in life, and I think it could serve others well, too.



Colin Lang is a junior history and Philosophy, Politics and the Public double major. He is a staff writer for the Newswire from Westlake, Ohio.

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The Xavier Newswire is committed to reporting the news as well as explain its significance to readers. In addition, through publishing opposing viewpoints and opinions, the Newswire hopes to foster a dialogue on campus among students, faculty and staff.

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Advertising inquiries can be sent to the business and advertising manager, Kate Sanders, at newswire-advertising@xavier.edu.

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*The Newswire has made the decision to stray from the AP Style Guide when printing the words White and Black in reference to groups of people. We have decided to capitalize both.

Why focus on what’s next for you?

Think about the present moment while it is still here for you to appreciate

Just having come back from Thanksgiving, I’m assuming that many of my readers are now recalling the countless moments where they had to answer the question, “What comes next?” in any of its various forms. “Where are you going after college?” “What’re your plans this summer?”

If this describes your situation, I have an answer for you that I think you’ll value. But before I give it to you, let me talk a little bit about the questions themselves.

These questions are, unfortunately, commonplace interrogation tactics with which any college youth is familiar. I won’t wax poetic eloquence about their cliché nature or redundant place in the setting of the family party, except to say that I can’t come up with a question of this nature that hasn’t been asked of someone “about to start their life.” What I can say about them is that in my opinion, they are a total misdirection. When relatives or loved ones ask “what’s next?” either by asking you about jobs or a love life or grad school, what they really are not asking is about what’s happening now.

I’m not suggesting that you drone on and on about the last BIO 160 lab you completed or the Shakespeare paper you wrote. Just take a second and think about the last two days of your life. Think about how much time you’ve spent doing something for you. Not finishing an application or filling out a resume, not studying for an exam or writing a cover letter. No, time you’ve spent doing something to help you, now.

The fact of the matter is, despite the amount of time I’ve spent writing about “living in the moment,” one point that I have not spent enough time talking about is the present moment in terms of you. It’s great to think about the present moment in terms of appreciating your life. Reflecting on how many gifts you’ve been given or how many friends you have is good, but it’s extremely important to think about the present moment in terms of you.

Ask yourself, “How am I doing today?” “How am I enjoying my free time?” “How am I assessing my mental health?” These things are integral to who you are as a person, and dedicating time to developing full and complete answers to those questions will eventually allow you to think about the future.

For example, if your new friendship with a bad influence is detracting from the amount of time you have to study for the GRE, you may only attribute stress to the GRE and not to the new friend. Thus, when Relative Number 1 asks “What are you up to?” you will only respond, “Stressing about the GRE.” There will be no mention of the toxic friend who forces you to stay up until 1 in the morning watching reruns of *Melrose Place* and indulging in the sweet nectar of Pabst Blue Ribbon as if you were a champion couch potato to training for the Olympics, which makes for a much more interesting story anyway.

The fact is, much of your day-to-day activities will go unmentioned. And yet your day-to-day is what you live... day to day! The thoughts and experiences of yesterday are the ones freshest in your mind when you wake up today, and the thoughts and experiences of today will be there in the morning tomorrow.

Time will continue to be what is most important until you find a way to live simultaneously in the present and two years in the future, when you finally have that dream job or apartment. What you need to focus on is finding a way to make the present moment as happy and healthy and interesting as it can be, because that’s what you’ve got for now, and that’s inevitably what you have to talk about. The past and future talk is all just speculation.

In the grand scheme of things, your life isn’t going to be a collection of plans you fulfilled. It isn’t going to be a number of goals you accomplished or a list of tasks you completed. It’s going to consist of memories of days, times and events that were for some reason significant enough to stand out from all the other moments you’ve lived. Fill your day with as many of these as you can and you’ll have a life well lived.

So now, for my grand answer. The next time someone close to you asks “What’s up next for you, what career are you looking for, when are you graduating?” just say, “Oh...I’m done.” My favorite comedian Maria Bamford came up with this ingenious answer, and I think the fundamental truth behind it is worth advertising. Saying “I’m done” really means “I’m focusing on myself right now, not myself in the future.” Your relative or loved one will be taken aback, and hopefully they’ll get the message. This is now. Focus on it.

It’s great to think about the present moment in terms of appreciating your life...but it’s extremely important to think about the present moment in terms of you.



Max Bruns is a senior HAB and English double major and the Distribution Manager for the Newswire from Cincinnati.

Three ways to stop caring about what people think

The goal of not caring what people think of you is one that people often fail to achieve. Even those of us who pride ourselves in being self-governing and nonchalant can hear a tiny voice saying, “What will they think?”

Granted, it is easy to craft our words and behaviors by how they will make us look. Will they think I’m weird if I do this? Will they still like me if I say that? These are common questions in my mind daily, and I am not alone.

In striving to achieve this goal, an epic battle emerges, one that is won when you say what you want and do what you want, one that is lost when you resign yourself to perpetually trying to be what everyone expects you to be. We spend our whole lives fighting this fight, stuck somewhere in the middle.

This is a call to fight harder, to care about others but not about how they see you. If you are among the majority of people who struggle in this fight, here are some ways to strengthen yourself and get closer to victory.

1. Distract Yourself

The easiest way to care less about these things is to distract yourself. When something causes you to question what someone thinks about something you said or did, don’t think about it. The more you think about it, the more you let it control you.

If a friend makes a comment that could be taken as judgment and you find yourself unable to stop worrying about it, make yourself busy. Read a good book, listen to some upbeat music or go for a long run. Do any activity to stop obsessing over it.

2. Seek Another Perspective

It often helps to have another opinion. One thing you can do is to tell someone else what is bugging you.

Describe to a trusted friend or family member what happened and see what they say. If they say that it doesn’t sound like a big deal, there’s a good chance that it isn’t. If they say that something doesn’t feel right about it, maybe you should talk to the person involved.

A lot of the time, something that causes stress about what someone thinks is insignificant. An outside perspective may help shed some light on it if that is the case.

3. Think About Your Positive Qualities

Focusing on what you think makes you a good person and your good qualities instead of the qualities that you consider negative can transform the way you see situations.

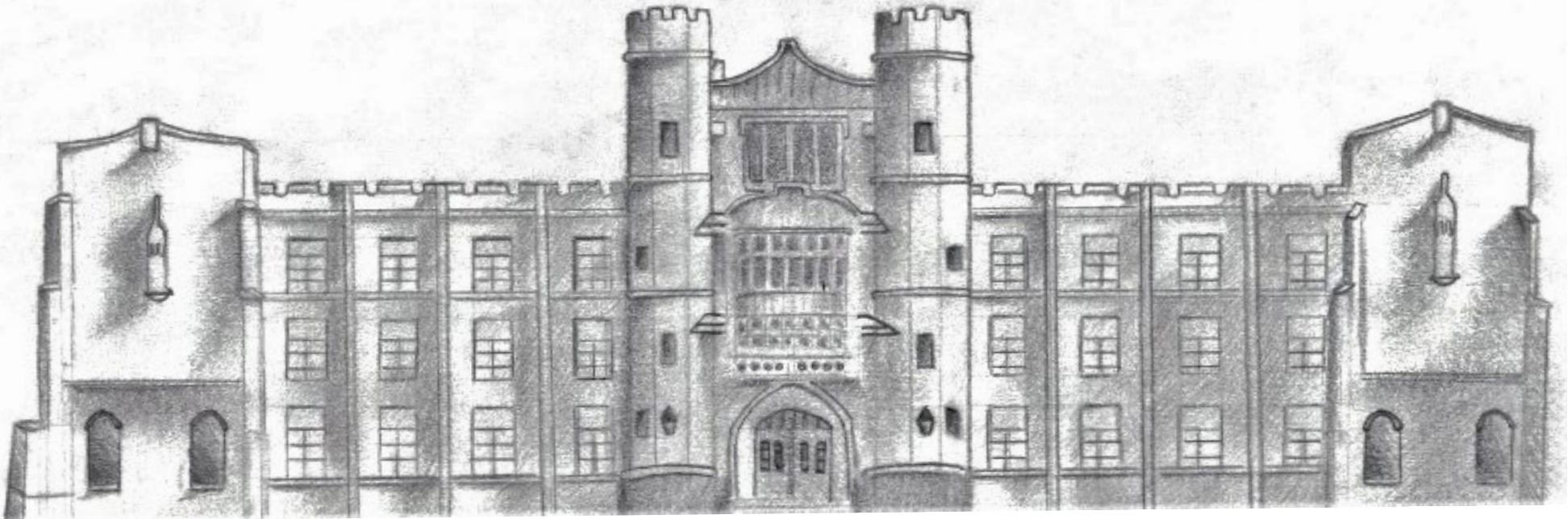
One way to do this is simply making a list of all the things you like about who you are. As you make the list, it will help you to see that you are a good person despite what someone may think of you.

If you aren’t a list person, try looking at pictures of yourself that you feel represent who you are and imagine all the things that contribute to that feeling.

These aren’t the only ways to go about caring less about what people think of you, and they certainly aren’t going to win the fight for you. However, they can be a good start. They have the potential to help you automatically think about small things less, be more reasonable about what they mean and be nicer to yourself.



Emily Price is a first-year psychology major and staff writer for the Newswire from Miamisburg, Ohio.



Musketeers poised for Shootout

Xavier responds to tourney loss with Baylor win, looks ahead to Saturday

BY DONNIE MENKE
Staff Writer

The men's basketball team failed to capture its third consecutive holiday tournament title with a bizarre loss against the Arizona State Sun Devils, but it rebounded with a resume-building victory over the No. 16 ranked Baylor Bears with a final score of 76-63.

The tournament began with an 83-64 win over the George Washington Colonials. Xavier led most of the game and controlled the pace with the exception of a five minute span in the second half.

Trevon Bluiett once again led the team in scoring, this time with 20 points. Bluiett stuffed the stat sheet, also coming up with seven rebounds, three assists and a steal in addition to his scoring.

Quentin Goodin was second on the team in scoring, netting a season-high 16 points. Goodin played a well-rounded game, grabbing



Photo courtesy of local12.com

Trevon Bluiett scored a career-high 40 points in the loss to Cincinnati last season and hopes to be victorious in his final Crosstown Shootout.

four rebounds, handing out four assists and nabbing four steals on the defensive end of the floor.

Tyrique Jones led the team in rebounds with 11, and three came on the offensive end. He also scored eight points.

Sean O'Mara also reached

double-figures in scoring with 10 points.

Against Arizona State, things didn't go as well. Although the team started off well, troubles with closing out the first half once again came back to haunt Xavier. Despite leading by 15 with

less than four minutes to go, the team only took a two-point lead into halftime.

Things got worse from there as Xavier lost the lead early in the half and never recovered. As a team, the Muskies allowed Arizona State to shoot more than 60 percent from the floor in the second half.

One positive, however, was JP Macura busting out of his mini-slump. After having scored eight points combined in the two games prior, Macura led the team in scoring with 23 points. He also had five rebounds.

Bluiett had his worst scoring game of the season but still managed to reach double figures, scoring 11.

Kerem Kanter was the only other Musketeer to eclipse 10 points, scoring 12 in addition to grabbing three rebounds.

Naji Marshall played yet another strong game, scoring nine points and grabbing five rebounds off the bench.

The team rebounded well with a solid 13-point victory over the 16th ranked Baylor

Bears on Tuesday.

The players maintained composure throughout, even when Baylor started to chip away at the lead. The defense played against Baylor was markedly different from that which was played against Arizona State.

Macura once again led the way, scoring 19 points in addition to grabbing six rebounds and getting two steals.

Kaiser Gates also had his best game yet, scoring 19 points while also getting five rebounds. Gates' stingy defense was another major factor in Xavier's quick defensive turn-around.

Marshall and Bluiett both reached double figures, scoring 10 points apiece. They grabbed four and six rebounds respectfully.

Up next for Xavier is a big one with rival No. 11 ranked Cincinnati coming to Cintas on Saturday for the annual Crosstown Shootout. Hopes are high and momentum is on the upswing for the Musketeers, and a victory Saturday will mean a lot come March.

Gray collects her first double-double



Photo courtesy of XU Athletics

In her first start of the season, freshman forward A'riana Gray collected a double-double with 10 points and 11 rebounds on Nov. 22 against the Minnesota Golden Gophers in her 27 minutes of action. For her strong performance, the Cleveland native was named the Xavier Athlete of the Week.

BY JACK DUNN
Staff Writer

The Xavier women's basketball team split its last two games, defeating the Grambling State Tigers on Nov. 16 and dropping its first game of the season to the Minnesota Golden Gophers on Nov. 22.

The Musketeers battled hard for their third straight victory against Grambling State, defeating the Tigers by a score of 72-67.

Senior guard Jada Byrd and redshirt junior forward Imani Partlow led the way for the Musketeers, with Byrd putting up a career-high 18 points. Partlow recorded a double-double with 16 points and matching a career-high 12

rebounds. Freshman Aaliyah Dunham chipped in 11 points of her own while shooting 50 percent from three.

The Musketeers were productive from three-point range, hitting 10 of them in total. Sophomore Ashley Gomez led the team with three three-pointers. She notched a career high of nine points.

Xavier drained 46.7 percent of its shots from the floor, as well as going 10 for 20 in the second half.

Additionally, the team shot 45 percent from behind the arc throughout the game. The Musketeers held Grambling State to shooting just 39 percent from the field in the victory.

The free throw percentage

for the game was also very high, with the team converting 20 of 28 free throws.

Xavier's three-game win streak to start the season was halted in Minnesota with a 74-62 loss to the Golden Gophers.

The Musketeers moved to 3-1 while Minnesota stayed undefeated with a record of 5-0.

The Musketeers received a stellar performance from freshman forward A'riana Gray, who made her first career start. She posted a double-double with 10 points and a game high 11 rebounds. She was four for seven from the field in the 27 minutes she played.

Sophomore Na'Teshia Ow-

ens collected a team-high 12 points of her own, while a pair of freshmen, Deja Ross and Princess Stewart, both scored nine points, respectfully.

Ross also grabbed six rebounds in her 19 minutes of play off the bench.

Despite the loss to Minnesota, the Musketeers out rebounded the Gophers with a 42 to 36 advantage and also had a better shot percentage, shooting 41 percent compared to Minnesota's 39 percent.

The Musketeers look to gain momentum back at home on Wednesday when they face off against a non-conference opponent, Fort Wayne, with a tip-off time slated for 7 p.m.

Sports Banter

Chip on their shoulder

Last week, there were a flurry of new coach hirings in college football, most notably Chip Kelly, who will be looking to return a struggling UCLA Bruin program back to national prominence.

RAW moving to Sundays?

Broncos defensive back Aqib Talib and Raiders wide receiver Michael Crabtree got into a brawl in their game on Sunday. The NFL suspended both players for one game.

The Council has spoken!

The Cincinnati City Council has approved a budgeting plan to build a soccer-specific stadium for FC Cincinnati in the Oakley neighborhood in preparation for the MLS expansion, which will be announced on Dec. 14.

Gordon strikes potluck

Suspended Cleveland Browns wide receiver Josh Gordon admitted to *Sports Illustrated* that he profited approximately \$10,000 a month selling marijuana while he was playing in college at Baylor University. He also told *SI* of countless illegal exploits such as stealing and using counterfeit money.

Victoria's Secret Angels take flight



Photo courtesy of Fashionista.com
The entire cast of models posed for a group photo at the conclusion of the pre-taped show. The collection focused on diversity both in models and fashion. Designs and prints inspired by cultures from around the world were displayed on the runway this year. The 55 models walked to the live performances of Harry Styles, Miguel, Leslie Odom Jr., Jane Zhang, and Li Yundi.

The annual Victoria's Secret Fashion Show aired last night from Shanghai

BY RILEY HEAD
A&E Editor

The worldwide famous Victoria's Secret Fashion Show aired last night from Shanghai, China. The show featured its 14 official "Angels" as well as 41 additional models in the brand's lingerie.

Coveted performer spots on the runway featured former One Direction member Harry Styles, R&B artist Miguel, Hamilton performer Leslie Odom Jr. and Chinese musical superstars: singer-songwriter Jane Zhang and classical pianist Li Yundi.

Victoria's Secret is a well known mid-priced lingerie brand, but they used their fashion show to launch their new high-end collaboration with the luxury designer, Balmain. The line launches today propelled by the publicity

from the show.

A viral Internet moment was born when model Ming Xi fell mid-runway during the show. Ming slid on her extra long train and landed on her knees — smiling the whole time. Supermodel Gizele Oliveira helped her to her feet, and the show continued, but not before the Internet noticed. Memes were almost instantaneously created, and the moment will live on in infamy.

Some political controversy surrounded this year's show. Model Gigi Hadid, who has walked in the show for the past two years, was barred from entering the country by the Chinese government. Her sister, Bella Hadid, posted a video of her posing with a likeness of the Buddha statue while squinting her eyes earlier this year. The Chinese

government deemed the video culturally insensitive and prohibited her from entering the country. Hadid did not address the controversy on her own social media account, simply stating that she "was bummed she couldn't be there."

The same fate befell singer Katy Perry, who wore a dress patterned with sunflowers while on a visit to Taipei, China, earlier this year. The sunflower has long been used as a symbol by anti-China protestors. Perry was slated to be one of the entertainers at the show but was blocked from entering the country by the Chinese government after this wardrobe decision.

The show continues to grow in popularity, last year bringing in more than 9.1 million viewers worldwide. The production offers a personal

inside look at the glamorous life of supermodels. Extensive backstage coverage as well as almost-constant social media presence from both the official account and the accounts of all the performers builds excitement year round. The show has built itself into a cultural phenomenon around the world that for some is on par with the Super Bowl.

"I wait for this day all year. It is exciting to see what each girl will wear and how they've grown since last year," sophomore Abigail Beekman said. "I follow all of the Angels on Instagram so I feel like I know them."

The show worked to expand its appeal to diversity this season. Models from more than 20 different countries were cast to walk in the show, a sharp increase in di-

versity from the past.

Supermodel and longtime angel Alessandra Ambrosio retired her wings at the show last night. Without missing a show for the last 17 years, she was one of the longest running angels in the family. She has officially retired from the company and was honored last night by closing the show one last time.

Highlighting the show was the always exciting Fantasy Bra. The bejeweled brassiere for this year was titled Champagne Nights Fantasy Bra and cost a total of \$2 million. The Angel Laïs Ribeiro was honored with modeling the diamond, yellow sapphire and blue topaz encrusted bra.

If you missed it last night, it will be featured on YouTube and Spectrum Network for your viewing pleasure!

Queen City prepares for the holly jolly holidays



Photo courtesy of WesternFinancialGroup.com

Fountain Square Ice Rink

Get into the magical holiday spirit by gliding around downtown Cincinnati on ice skates. A Rockefeller Center-sized rink will be set up in Fountain Square during the season. There are also booths lining the edge of the rink where hot chocolate and other goods can be purchased to sustain you during your skating adventure!



Photo courtesy of SoapboxCincinnati.com

Cincideutsch Christkindlmarkt

The authentic German market takes place in Fountain Square throughout the four weekends following Thanksgiving. Traditional European baked goods and crafts are sold by vendors around the square. It's a great place to find handcrafted and unique gifts for all your holiday gift exchanges, as well as yummy snacks to get you through finals!



Photo courtesy of AquariumWorks.com

Scuba Santa at Newport Aquarium

A scuba-diving Santa Claus makes the Newport Aquarium even more fun during the holiday season. Santa swims around in the giant tanks with fish, sharks and turtles and interacts with the audience. The attraction runs from 11 a.m. to 4 p.m. through Dec. 31. It's a great way to escape the harsh winter weather but still feel jolly!

BRAIN TEASERS

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4								
9		7			6			
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			2			6		5
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WEEKLY MOTIVATION

“In order to succeed, we must first believe we can.”
- Nikos Kazantzakis

“It does not matter how slowly you go as long as you don’t stop.”
- Confucius

N	P	M	F	J	T	S	C	A	R	V	E	S	T	H
S	O	G	V	R	N	B	P	B	I	S	T	W	N	H
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M	A	R	X	M	L	Q	N	R	P	I	V	I	G	S
J	F	P	S	N	O	S	A	E	S	T	Z	X	R	G

Motivation	Scarves	Snug
Freezing	Extra Credit	Fireplace
Dreading	Projects	Hot Chocolate
Netflix	Blankets	Cookies
Seasonal	Seasons	Peppermint

WINTER POEM

KEVIN THOMAS
Campus News Editor

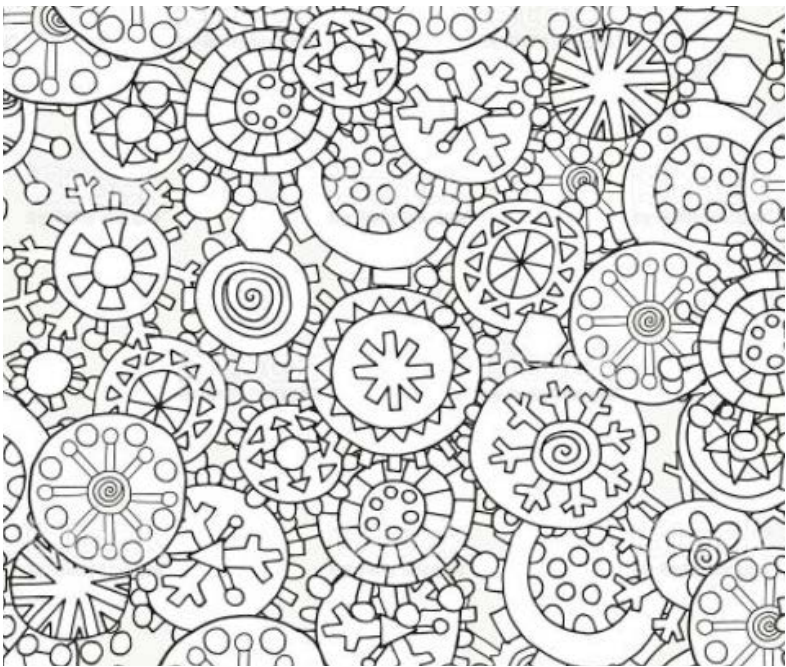
First Autumn Mourns
the stillness from half a September,
the lack of an October.
It is nothing but November, November,
then gone in December.

Second Autumn Hopes
for a Winter afterlife
despite skeleton trees
and chattering teeth,
beyond a 5 p.m. night.

Third Autumn Falls
red and yellow and orange and brown,
crunched; undertow
whipping up a whirlwind
quickly, and easily breezing away.

Fourth Autumn Dies
with a late morning sunrise,
snow on the horizon,
the first frost that froze the earth,
the grass now painted with ice.

Stress Relieving Coloring Page



Aries: You will be 54 degrees and partly cloudy. Wait, this isn't a weather forecast?



Taurus: Check the mirror obsessively today. At some point, you'll have food stuck in your teeth.



Gemini: Take a chance this Thursday at 6:03 p.m.



Cancer: The junk food gods are smiling down on you. Everything in the vending machine is free.



Leo: Every time you hear someone talk about how cold it is outside or how tired they are, you will receive a dollar. Congrats on being a millionaire!



Virgo: You will soon receive a high honor by having your face on a t-shirt. No word on if it is your good side...



Libra: You will fail to pay attention in any of your classes today for no reason whatsoever.



Scorpio: Look toward the west for guidance this week when you are feeling conflicted. Now stop, you look like a fool gazing toward nothing.



Sagittarius: Feeling bored or lonely? Call 513-745-2000 for a good time. (Note: this is XUPD's non-emergency number, and you should not call them.)



Capricorn: Eat some spaghetti to forghetti your reghretti.



Aquarius: You will win in a Twitter feud with Chrissy Teigen, but BuzzFeed will write you as the villain for years to come.



Pisces: It's someone's birthday somewhere, so buy some cake and watch Netflix while sipping on a Capri Sun.